

Responding to Life's Curveballs

At one time or another, we all encounter a situation that seems insurmountable. It could be job loss, a relationship break-up, economic struggles, loss of a loved one or physical trauma. And though we often cannot control that particular event, we can control how we react to it. In fact, resiliency—or how well you bounce back—is a skill that can be learned.

Find out how you can begin refining how you deal with life's curveballs to become a stronger, happier individual. Here are a few ideas to get you started:

Have Reasonable Expectations. Resilient people accept that adversity is a part of living a full life and do not see bumps in the road as failures.

Change Your Question. Obsessing over the details of your circumstances keeps you from moving forward. Ask yourself: What can I do for myself right now that will move me forward?

What's Within Your Control? Sometimes the only thing you have control over is how you respond to a tough situation. Focus on that! Focusing on what you cannot control causes feelings of helplessness, anger and stress.

Growth Opportunity. Negative events often have a longer lasting impact that causes us to alter our lives in significant ways. Try to think of the setback as a life lesson that can be used to improve your life—or the lives of others—in the future.

Assess Your Strengths. Take a personal inventory of what makes you special. Highlighting and engaging your strengths will give you energy to rebound.

Now That's An Idea!

Sometimes keeping things in perspective during life's ups and downs can be the boost you need on especially tough days. Try reflecting on these words for dealing with adversity:

Oh, my friend, it's not what they take away from you that counts. It's what you do with what you have left. ~Hubert Humphrey

Attitude is a little thing that makes a big difference. ~Winston Churchill
The human spirit is stronger than anything that can happen to it. ~C.C. Scott

Go Online Today to Learn More!

Log on to www.FOH4YOU.com to access “Resiliency” and other helpful resources in the *Spotlight* section. Or call 1-800-222-0364 (1-888-262-7848 TTY users) for additional help and support.